

The Senior Scene

Vistas de los Mayores



Division of Senior Services
April 2008

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Office 1121 Alto Street, Santa Fe, New Mexico

www.santafenm.gov

Patricia Rodriguez, Director

Front Desk Reception

From Santa Fe 955-4721
 From outside Santa Fe 866-824-8714

Administration

Patricia Rodriguez, DSS Director 955-4799
 Ron Vialpando, DSS Assistant Director 955-4710
 Mary Dean, Administrative Supervisor 955-4777
 Gloria Polaco, Administrative Secretary 955-4721
 Sadie Marquez, Reception 955-4741

Nutrition

Ron Vialpando, DSS Assistant Director 955-4710
 Thomas Vigil, Program Administrator 955-4740
 Yvette Sweeney, Administrative Assistant 955-4739
 Carlos Sandoval, Inventory Supervisor 955-4749
 Enrique DeLora, Inventory Specialist 955-4750

Meals On Wheels

Juan Apodaca, Program Supervisor 955-4748
 Robert Duran, MOW Assessments 955-4747

Senior Center Programming

Lugi Gonzales, Center Program Manager 955-4711
 M.E.G., Ventana de Vida
 Christine Sanchez-Warren, Prog. Coordinator 955-4715
 Luisa, Edgewood, Rio en Medio
 Cristina Villa, Program Coordinator 955-4725
 El Rancho, Santa Cruz, Chimayo
 Carmen Chavez-Lujan, Prog. Coordinator 955-4754
 Pasatiempo, Villa Consuelo

50+ Senior Olympics/Health Promotion

Carmen Chávez-Luján, Program Coordinator 955-4754

**In Home Support Services, Respite Care
Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor 955-4745
 Katie Ortiz, Clerk Typist 955-4746

Senior Membership Registration

Brenda Ortiz, Database Specialist 955-4722
 Connie Valencia, Support Staff 955-4734

Transportation Ride Reservations

955-4700
 Robert Chavez, Transportation Manager 955-4738
 Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada, Administrative Secretary 955-4756

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760
 Cristy J. Montoya, Administrative Secretary 955-4743
 FAX Machine - RSVP Office 955-4765

Miscellaneous

Lobby Area 955-4735
 Craft Room 955-4736
 Pool Room 955-4737
 FAX Machine - Administration 955-4797
 Conference Room 955-4757
 FAX Machine - Nutrition 955-4794

Newsletter Production

Kristin Slater-Huff, Editor
 Valerie Chelonis, Graphic Artist
 Judy Valdez, Copy Editor
 Donald E. Bell, Cover Photo

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO 351-4686

Benny Chavez Community Center
 Chimayo, New Mexico 87522

EDGEWOOD 281-2515

114 Quail Trail
 Edgewood, New Mexico 87015

EL RANCHO Community Center 455-2195

P.O. Box 3860
 Santa Fe, New Mexico 87501

ELDORADO 466-1039

Adam Senior Center, 16 Avenida Torreon
 Santa Fe, New Mexico 87508

LUISA 955-4717

Kitchen 955-6898

1522 Luisa St. (enter from Columbia St.)
 Santa Fe, New Mexico 87501

MARY ESTHER GONZALES (M.E.G.) 955-4721

1121 Alto St. Santa Fe, New Mexico 87501
 MEG Kitchen 955-4751

PASATIEMPO

Kitchen 955-6433

664 Alta Vista St.
 Santa Fe, New Mexico 87501

RIO EN MEDIO Community Center 988-3053

El Alto Lane
 Rio en Medio, New Mexico 87506

SANTA CRUZ 753-8598

Abedon Lopez Community Center
 Santa Cruz, New Mexico 87567

VENTANA DE VIDA (Pacheco) 955-6731

1500 Pacheco St.
 Santa Fe, New Mexico 87505

VILLA CONSUELO 474-5431

1200 Camino Consuelo
 Santa Fe, New Mexico 87505

DIRECTOR'S REPORT

Dear Seniors:

It is with mixed feelings that I am announcing the retirement of Jenny Martinez, our Director from the Area Agency on Aging. For years, she has advocated for funding at the Legislature, as well as coordinated and disbursed state and federal dollars to senior programs throughout the state of New Mexico.

Due to Jenny's dedication and compassion for the senior population in New Mexico, we have been able to see our programs grow and become significant components within each of our communities. Jenny has always been supportive and has preached to each program director her philosophy that **one person can make a difference by taking appropriate action**. She has certainly made an enormous, positive impact for this state. We are all eternally grateful for and indebted to her for her ability to secure New Mexico's senior programs. Jenny will definitely be missed.

Congratulations on your retirement!



Please join me in wishing her well in her future endeavors.

We thank you, Jenny, for your dedicated service to the senior citizens throughout our state, especially those residing in Santa Fe.



May God bless you all,

Patricia

Patricia Rodriguez
DSS Director

SENIOR SERVICES PROGRAM INFORMATION

Do you have a Senior Center Membership Card with Photo?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card. The card is white with the senior's photograph, emergency contact, medical conditions, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive vital funding for our programs.

If you do not have a card, please come get one. The card only costs \$2 and \$1 for a reprint. Please bring an emergency contact name and phone and the last 4 digits of your Social Security number.

If you have any questions, call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a Senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for meals only),
and must
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

For individuals who currently possess a Senior Membership Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

NOTE: Cards are not official identification.

SENIOR MEMBERSHIP CARD SCHEDULE FOR APRIL 2008

M.E.G. Center	Tuesdays	April 8, 15, 29	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	April 10, 17	9:30 to 12:00 & 1:30 to 3:00

Note: Senior Membership cards will be canceled on April 1 & 3 due to the mandated AAA NAPIS report and also on April 22, 24 due to an Aging Network training in Las Cruces.

SENIOR TRANSPORTATION INFORMATION

To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**

To avoid delays in service, call immediately if you need to cancel a scheduled ride.

When scheduling a ride, please specify if you require an ADA-equipped (wheelchair lift) van.

Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip)

Schedule: Rides available 8:00 a.m. to 4:30 p.m. Monday - Friday (except holidays).
Rides to medical appointments are given priority over all other rides.
On the third Tuesday of every month, rides are also available for commodity pick up.

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick up time.**
Ride reservations for medical appointments should be made as soon as appointments are scheduled with the doctor.

Safe Ride: If you are under age 60 and you are ADA certified, you must use Safe Ride Services rather than Senior Services Transportation. Call Annette Granillo in Transit at 955-2002. There is a \$2.00 required fee per one-way trip.

NEWS & VIEWS

They will be missed...

Dorothy A. Brown, 103, of Edgewood passed away February 26th in Albuquerque after a brief illness. Born April 27th, 1905, in New York, Dorothy was a secretary on Wall Street, married Ed Brown, raised her family, and then became head of housekeeping for a Long Island, NY boys' school.

For the past 16 years, she lived with her daughter Lois Fols, in Edgewood. She is survived by her daughter, Lois, 6 grandchildren, 9 great grandchildren, and many loving nieces, nephews, and friends.

Dorothy had been a member of the Edgewood Senior Center since 1992, and had been an active volunteer with the Retired Senior Volunteer Program until around the time she turned 100 years old. Her 100th birthday was big event at the Edgewood Senior Center. Dorothy had always had a positive attitude towards life. To see Dorothy reading books, magazines and in general keeping an active interest in daily events, told us that she had an active inquiring mind. One had to admire someone who could master the crossword puzzles that Dorothy did. It seemed that she always had a puzzle in her hand. She loved to play Scrabble and challenged anyone to play, as she was very good at it. Dorothy was an inspiration to all. Although she left us with happy memories, we will miss her dearly.



Louis DesGeorges, age 85, passed away on February 17th. He was born in Taos and, in 1950, he married Evangeline Cardenas. He graduated from Highlands University and was a WW II veteran. He worked as an accountant for the State of New Mexico for 32 years.

Louis was a familiar face at the MEG Senior Center and volunteered at St. Vincent de Paul Society, the Lamy Hall Soup Kitchen and the Holy Name Society at St. John's Catholic Church. He will be remembered for his cheerful attitude.



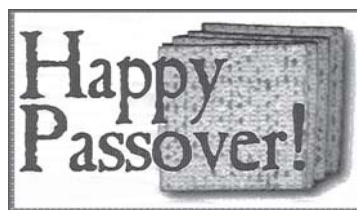
National Active and Retired Federal Employees

NARFE is the only organization that fights for the rights of retired and active Federal employees on a daily basis. On the Federal level, NARFE's legislative program for Congress includes preserving and enhancing existing benefits, controlling prescription drug costs, and guaranteeing Medicare for current and future generations. At the State level they monitor proposed legislation for its impact upon their members.

In addition to their advocacy effort, they also have a social side. The local chapter meets on the second Monday of every month at Kingston Residence of Santa Fe. Kingston is located at 2400 Legacy Court, just east of Sam's Club off Rodeo Road. They start our business meeting at 12:15 p.m. There is always a guest speaker on a topic of interest to the membership.

At about 1:00 they have lunch. This includes a salad bar, hot entrée, dessert, and your choice of beverage, including wine. The cost is \$12.50 and this includes a tip. If you have eaten lunch out in Santa Fe recently, you know what a bargain this is.

If you have any questions, please call Mike Sullivan at 471-9351.



This year, Passover begins at sundown on Saturday, April 19th. Have a safe and happy holiday.

Macular Degeneration Informational Support Group

Next meeting will be held on Tuesday, April 1st at 2:30 to 4:00 p.m. in the De Vargas Shopping Center Community Room.

For more information call 983-9640.

NEWS & VIEWS

Senior Expo and Volunteer Appreciation Day

This event is open to all seniors 55 and over. Even if you are not enrolled in the Retired Senior Volunteer Program, please come and learn more about it - maybe you will decide to enroll.

Join us for an exciting afternoon. Phil Trujillo will play music and sing for us, so bring your dance shoes! There will be plenty of delicious finger food and door prizes. Visit information booths from many of our volunteer sites - learn about their missions and perhaps join them. We will be issuing Senior Services Membership cards for \$2. Invite your friends along to learn more about RSVP.

So, on Wednesday, April 30th, please come to the Genoveva Chavez Community Center's Community Room between 1:00 p.m. and 4:00 p.m.

Call Transportation a day ahead for a ride.

For more information, call Kristin in the RSVP office at 955-4760.

Caregiver Support Group

The City of Santa Fe's Division of Senior Services present the next Caregiver Support Group, entitled "Hospice Basics, What it is, What it isn't".

The presenter will be Patti Murray, Community Education provider at Odyssey HealthCare.

This session will provide education and emotional support to adults who deal with stress associated when providing specialized care for homebound individuals. A supportive atmosphere is created so caregivers can comfort each other in meaningful ways, while getting some relaxation.

New faces welcome and we look forward to seeing you at the Luisa Senior Center, located at 1522 Luisa St. (enter from Columbia St.) on Wednesday, April 16, 2008 from 1:30 p.m. to 4:00 p.m.

Refreshments will be provided. For reservations, please call Theresa Gabaldon or Gloria Polaco at 955-4721.

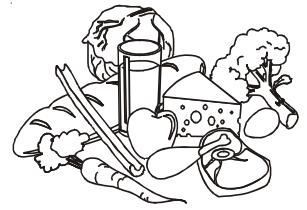


ECHO Commodities Food Distribution

Commodities are given to eligible seniors (age 60 and over) at the Santa Fe County Extension Building, 3229 Rodeo Road, on the third Tuesday of every month from 9:30 to 1:30.

The next distribution date is April 15th.

To find out if you qualify, call their office in Albuquerque at (505) 242-6777.



Thank you! Thank you! Thank you!

The pilgrimage to San Luis, Colorado was a great success due to the participation and cooperation of all the pleasant and beautiful people involved. We hope that the trip was a good experience for you as well.

God bless you always.
Travel Committee

Free Benefits Counseling Assistance

The New Mexico Aging and Long-Term Services Department offers free, unbiased information from trained volunteers to help determine whether seniors are receiving all the benefits they have earned and are entitled to. Benefits covered include issues to do with managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low-cost health and dental care, legal problems, and much more.

Starting April 2nd, every Wednesday, from 8:00 a.m. to noon, free benefits counseling assistance will be available to seniors. Counseling will be held at the MEG Senior Center, 1121 Alto Street. To schedule a ½ hour appointment, call 955-4721.

NEWS & VIEWS



Free Physical Fitness Training for Seniors!

Allen Figg, a gentleman who has spent the last 20 years in the health/fitness/recreation field, has volunteered to work for free with seniors in the exercise room at the MEG Senior Center.

Here's a little bit of information about him, in his own words: "I am currently certified by the two most respected organizations in the fitness industry. I worked 16 years at Los Alamos National Lab as a Health/Fitness specialist before changing careers and becoming a financial advisor here in Santa Fe. I have also been an Adjunct Professor teaching a conditioning course for UNM-LA and have worked extensively implementing the fitness component in the diabetes programs for many of the Pueblos in northern New Mexico.

"I want to remain active in the fitness field because I believe strongly in the health benefits and positive contribution to quality of life. I would like to work with members of the senior center to help them learn to safely and efficiently exercise using the equipment at the center. This next year I look forward to working with as many individuals and small groups as possible."

Allen will be available each Monday, Wednesday and Friday between 9:00 and 10:00 a.m. starting on March 31st, and more often if there is a demand for it. No need for an appointment – just arrive in comfortable, loose clothing.

Let him show you how to use the fitness machines in a safe and effective manner, and help you create a workout routine that will best suit you. Private fitness centers charge a lot of money for this service, but this is a free service for seniors.

For information, call Kristin at 955-4760.

Long Forgotten Treasures

(By Edgewood senior Simon Arzigian)

Recently, my family rearranged some stored boxes to make room for a table for my use. I hadn't seen the contents of one of the boxes in many years. Looking inside, I saw that it contained mostly cards and letters received over many years. Why had we kept all these items for such a long time? Maybe it didn't seem right to throw away something that a friend or relative had cared enough to send. Over time, the collection grew and was put away and forgotten.

I felt like an archeologist digging layer by layer to uncover pieces of history. There were the usual cards and letters people send on various special occasions. Some of the individuals I had not thought about for untold years, and now a card brings back some fond memories of our times together.

One card was from one of my supervisors at the Pentagon, where I worked, congratulating me on a promotion I had received. That was back in the 60's, but the card brought forth the supervisor's name and the work I was doing for the Navy in personnel research.

Some of the most endearing "cards" were from our children when they were young. These were usually simple messages, sometimes written in crayon, on paper folded to resemble a card. How happy I am that these were saved and now are giving me another opportunity to reflect on the early years of our children.

Going through the box with its stored correspondence is like going through a diary. There are events documented which serve as family history. Recalled are people and events going back half a century. Some names required a bit of thinking to place and recall our relationship with them, especially when only first names were used.

The box is a large one so it will take me some time to uncover, layer by layer, the treasures inside. I know that I will enjoy reliving the events and remembering the people that crossed my path so many decades ago. It will be a journey through family history. Readers might want to excavate their own treasures and enjoy them again.

NEWS & VIEWS

IMPACT Personal Safety

Free Training for Seniors

May 17th 1:00 p.m. to 4:00 p.m.

In this 3-hour “hands on” introductory workshop, students learn effective strategies to recognize and avoid dangerous situations. Each student will have the opportunity to practice verbal skills and simple proven physical techniques in realistic scenarios against a padded assailant. Free and open to elders, 55 & up.

In this workshop, you will learn to:

- recognize & avoid potentially dangerous situations
- talk your way out of an assault
- defend yourself physically, if necessary
- work with your adrenaline (your body’s response to fear and danger)
- discover your own strength!

For more information, or to register, please call IMPACT Personal Safety at 992-8833.



Want to Receive Telephone Reassurance?

Occasionally, a senior calls the main senior center and requests some telephone reassurance. It is usually someone who lives alone and would like to receive a phone call at an agreed-upon time each day (or each week) from a friendly voice “just checking in”. If the recipient has fallen or is sick, they cannot answer the scheduled phone call. If there is no answer, the caller knows to alert an emergency contact or the police.

Currently, we have several RSVP volunteers who have offered to provide telephone reassurance.

Would you like a friendly call on a scheduled basis, just to provide yourself (or family far-away) with some reassurance?

If so, call Kristin in RSVP at 955-4760.

Franklin D. Roosevelt Coming to Santa Fe

Richard Marold will portray former President F.D.R. speaking about his presidency (1933 – 1945) and in particular The New Deal Programs such as the Works Progress Administration and the Civilian Conservation Corps, and their impact on New Mexico.

This presentation will be on Sunday, April 6th at 2:00 p.m. at the Museum of Indian Arts and Culture on Museum Hill. For more information, call 476-1250.

If you are unable to attend the presentation at the museum, you are invited to meet Mr. Marold at the MEG center at noon on Monday, April 7th for a very brief chat, and then join him for lunch there.

Senior Finances Radio Show

Every Friday morning at 9:00 on KSWV radio, 810 AM, there is a brief radio show for you. It is called “Senior Finances” and it offers useful information on many issues affecting the senior community. The show is hosted by John Ruybalid, Reverse Mortgage Specialist with Quest Mortgage in Santa Fe, who invites you to listen in.

National Volunteer Week

April 27th to May 3rd is National Volunteer Week 2008. Congratulations to all volunteers!



Thanks to Que Suave Radio

Please listen to KSWV 810 AM, Que Suave to hear information about meals and activities at the different Santa Fe Senior Centers. They record a week’s worth of our news and play it throughout the day, all week long.

Thank you, Que Suave, for your generosity towards the seniors!

NEWS & VIEWS



Tax Aide Santa Fe

Attention all seniors:
They will prepare your income taxes for Free!
Through April 15, 2008

Appointments are not necessary.
First come, first served.

Santa Fe Community College, Fitness Center 2nd Floor
Mon.-Fri. 9:00 to 5:30 and Sat. 9:00 to 2:00
And at
New Mexico Taxation and Revenue Dept
1200 St. Francis Drive, Santa Fe
Mon. - Fri. 10:00 to 2:00

Anyone in New Mexico with income less than \$22,000 will get State refunds.
If you have not filed preciously for this rebate, we will do the past 3 years for you.
If you are over 65, rebates can exceed \$300 per year.

In order to get the most refund possible, you should bring the following:

Photo ID

Social Security Cards for parents and children

W-2 year-end wage forms from each job for each person

If you work for yourself- all the income and expenses from your work

Interest or dividends received. You should bring the 1099 form from the bank.

Social Security year-end statements

Unemployment the W2-G form from the Labor Dept.

Gambling- Bring the 1099 ticket you got when you won and a list of all other bets paid in

Pensions- Bring the 1099-R form you received

Child Care- you must bring the amount paid, name address and tax number of the care provider

Medical Expenses- You can deduct what you paid. Total them up, and you will always owe less to the state and sometimes less to IRS

Mortgage Interest and Property Taxes- Bring the 1098 form from your bank and your tax bill

Charity Donations- Bring a list of everything you gave away with receipts for anything over \$500.

Direct Deposit- Bring a blank check or savings account deposit slip to get the refund 2 wks faster

Peter Doniger, District Coordinator AARP Tax Aide in Santa Fe

Cell 670-6835 or SFCC 428-1780 or email taxhelpsf@comcast.net or go to www.taxhelpsf.org

LEGAL & CONSUMER INFORMATION

Be Sure to File a Tax Return to Receive Your Stimulus Check

To help stimulate the economy, the federal government will be sending a one-time payment to 130 million American households later this year—and yours may be one of them.

Even if you don't normally file a tax return, you still may be eligible for a payment.

If you normally file taxes, simply complete and file a tax return for 2007 as usual. The IRS will calculate the amount of your payment and send a check to your home, or you can choose direct deposit. Payments will be up to \$600 for individuals and \$1,200 for married couples filing jointly. The stimulus payment is separate from any other tax refund you may receive and will arrive as a separate check.

If you do not normally file a tax return because your income is below the required level, you still may be eligible for a payment as long as you received at least \$3,000 in 2007 from Social Security, Veterans Affairs, Railroad Retirement, or a combination of these, along with your income you earned in 2007.

You may qualify for a payment of up to \$300 for individuals or \$600 for married couples filing jointly. If you do not normally file taxes, you must complete a simple IRS tax form called a 1040A to receive your stimulus payment. You can get the form at most public libraries or post offices or online at www.irs.gov. The IRS will be mailing Form 1040A's to around 20 million households that didn't file a tax return last year but may still qualify for an Economic Stimulus payment late in March.

The payment you receive under this Economic Stimulus will not count toward other benefit programs (such as food stamps, Medicaid, or Section 8 housing) as long as:

- You spend the money within two months after receiving it OR
- The payment does not raise your savings above the limit allowed by your benefit programs.

If you receive only Supplemental Security Income (SSI) or are claimed as a dependent on another person's tax return, you are not eligible for a stimulus payment.

More information and forms are available on the IRS Web site at www.irs.gov and through AARP's Tax-Aide program at www.aarp.org/money/taxaide or at the National Council on Aging's Web site at www.ncoa.org.

How can I avoid paying the Medicare Part B premium penalty?

(From the Medicare Rights Center)

Q: I didn't enroll in Medicare Part B when I turned 65 even though I did not have health coverage from my job or my wife's employer. I know that there is a penalty for enrolling late. Is there any way I can avoid paying this penalty?

A: The only way you can avoid paying the Part B premium penalty is **if you apply for and are accepted into one of the Medicare Savings Programs (MSPs) that help you pay for Medicare.** The Medicare Savings Programs (QMB, SLMB or QI), also known as Medicare Buy-In programs, will pay your full Part B premium—including the penalty—for you.

You can apply for an MSP **at anytime** at your local Medicaid office. Your Medicare Part B coverage will begin **when your MSP takes effect.**

Do you need individual counseling about Medicare issues? Call the Medicare Rights Center consumer hotline at 1-800-333-4114, between 9 a.m. and 6 p.m., Eastern Time, Monday through Friday. A Medicare counselor will be happy to answer your question.

Aging and Disability Resource Center

For answers to a whole range of questions about benefits you are entitled to, call the toll-free hotline at 1 (800) 432-2080 8:00 to 5:00, Monday through Friday.

Or, call 955-4721 to schedule a personal appointment with a benefits counselor any Wednesday morning (see page ? for more information).

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired and Senior Volunteer Program office, at 955-4760 or email kwslater-huff@santafenm.gov. RSVP staff will enroll you in RSVP, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts and mailings while we set you up in the volunteer job(s) of your choice.

Community Involvement Bureau at ALTSD

The Community Involvement Bureau of the Aging and Long-Term Services Dept. works with many important programs that benefit seniors, including the Senior Volunteer Programs, Senior Olympics, the Healthy Aging Collaborative, the Healthier Weight Council, the N.M. Influenza Consortium, Falls Prevention, Injury Prevention, and Uniting New Mexicans Against Adult Abuse.

This busy group of people is looking for an organized, multi-tasking volunteer to come to their offices on Cerrillos Road once or twice a week to assist with office duties. You would help with the filing, making copies, putting training material packets together and similar tasks.

Help these folks with their important work on behalf of all seniors.

Public Health Clinic

Greeters are needed for the entrance desk at the District II Public Health Clinic. This relatively slow-paced volunteer job requires a smile, a friendly welcome and a willingness to direct clients to several available programs (Medicaid, Health Services, Women, Infant & Children nutrition program, Children's Medical Services and others.) You might be surprised by how much is available under that one roof.

Volunteers work once a week. The clinic is located on Letrado St. by the Salvador Perez Pool.

Santa Fe Habitat for Humanity

Santa Fe Habitat for Humanity promotes affordable homeownership for Santa Fe area residents by constructing simple, adequate houses through the cooperative efforts of volunteers, partner families, donors and staff.

Every 21 minutes, Habitat completes another house somewhere in the world. Around the clock and the globe, Habitat volunteers are picking up hammers and trowels and turning them into tools of compassion.

Volunteers keep the organization afloat. At construction sites, volunteers show up at 8:30 a.m. for shifts they have previously selected online or over the phone. The job site manager hands out assignments, instruction and support and tools.

The Habitat ReStore is where new and used building supplies are donated by individuals and businesses. Everything from tiles to windows to bathtubs to paint needs to be sorted, sometimes repaired, priced, and displayed for sale. There are more and more building material donations daily to process. The ReStore needs volunteers to commit to four hours each week.

The office is also always looking for support of their computer, filing and daily business. Currently, they are seeking a volunteer to do database entry a couple of times a week and some computer experience is necessary.

Help advance their mission.

American Red Cross

The Red Cross office in Santa Fe is looking for a volunteer who can help their



Health and Safety department. The job tasks require a person to be comfortable with data entry. Their course and instructor records are kept on a database that is not overly complicated, but involves several steps to input information. The volunteer could come in once or twice a week for two or more hours per session, to input course records. Training on this database will be provided.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM



Santa Fe Animal Shelter & Humane Society

Santa Fe Animal Shelter & Humane Society

Have you ever been out to the new Shelter off of 599? It is a wonderful space full of caring people and cared-for animals.

In the shelter, volunteers are needed as K9 companions (playing with dogs, sitting quietly with nervous dogs, brushing dogs, assisting with feeding, spot cleaning rooms and providing beds and toys), or as feline companions (same basic duties as above). Volunteers are also being sought to help in their pet supply store, or assisting the vets in their clinic or as greeters at the front desk or as foster care providers for pets.

In town, volunteers are needed at their satellite adoption center at PETSMART on Zafrano Rd. There, pets are feed and cleaned, worked and socialized and volunteers answer questions of potential adopters. This position requires a commitment of at least one shift a week of 2 to 3 hours. Volunteers are needed 7 days a week during store hours (9:00 a.m. to 9:00 p.m.) This is a great opportunity if you don't want to travel all the way out to the shelter but want to love the animals every week!

Food for Santa Fe

Food for Santa Fe, a registered non-profit organization, distributes 1,100 bags of food each week from their warehouse space, with an all-volunteer work force and Board of Directors.

Volunteers can choose from several work shifts. Some volunteers come early in the week to repackage loaves of bread for easier distribution. One group arrives very early on Wednesdays to pack the non-perishable items into bags and store them for the next day. Another group comes at 6:15 a.m. on Thursdays, finishes packing the bags, and distributes the food. Some work indoors with the food, others stand on the loading dock or the ground and hand out the bags, while a few direct traffic and refill the piles of bags from the loading dock. It is certainly a very rewarding volunteer job.



The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of



APRIL



Martha Catanach	4/1	Kathy Martinez	4/16
Ruth R. Montoya	4/2	Bill Haberland	4/17
Douglas P. Peterson	4/2	Fay Robins	4/17
Nancy A. Dayton	4/3	Maria Barton-Martinez	4/19
Mary Alice Lobato	4/3	Ted De Alberich	4/20
Eugene F. Gajewski	4/4	Judith Keane	4/22
Jon Rudnick	4/4	Suzanne McDuffey	4/22
Carol K. Thomson	4/4	Grace Whitecotton	4/22
Prescilla Martinez	4/6	Reynalda Sanchez	4/23
Joyce T. Montoya	4/6	Elizabeth C. Altman	4/24
Dolores Ortiz	4/6	Anne Dacey-Lucas	4/25
Bradley Cottingham	4/7	Arthur Baca	4/26
Virginia M. Lucero	4/7	Carol F. Keefe	4/26
Robert Fernandez	4/8	Ron Levy	4/26
Manuel Valdez	4/8	John D. McClure	4/26
Pat Chapman	4/10	Libby Dwyer	4/28
Edna Buke	4/13	Corrine Sanchez	4/28
Lynne R. Coyle	4/13	Mary Ann Chrane	4/29
Lou A. Finley	4/13	Jerry Duncan	4/29
Bernard Preskin	4/13	Sally A. Rodriguez	4/29
Alfredo A. Baca	4/14	Nepumoceno Saavedra	4/29
Kiwi Browne	4/14	Norrine Sanders	4/29
Clarice Getz	4/14	Rachael Garcia	4/30
Elizabeth Bear	4/16	Sister Jo Romero	4/30
Maria E. Duran	4/16		

Have a Great Day!

RSVP *THE RETIRED SENIOR VOLUNTEER PROGRAM*

RSVP Volunteer Stations

The mission of the Santa Fe Retired Senior Volunteer Program is to recruit and support senior volunteers to help themselves and others by sharing their experience, care, knowledge, skills and efforts in service for our community. We provide meaningful volunteer opportunities for seniors to meet vital community needs.

Currently, the Santa Fe RSVP Program has Memorandums of Understanding with the following non-profit organizations, community centers, and other organizations:

AARP

Aging & Disability Resource Center
 American Cancer Society
 American Red Cross
 Bienvenidos Outreach
 Big Brothers/Big Sisters
 Bioneers
 Bureau of Land Management
 Chimayo Senior Center
 Community Involvement Bureau, ALTSD
 Court Appointed Special Advocates
 Casa Real Care Center
 Center for Contemporary Arts
 City Different Retired Educators
 Earth Care International
 Economic Council for Helping Others
 Edgewood Senior Center
 El Rancho de las Golondrinas
 El Rancho Senior Center
 Eldorado Senior Center
 Española Valley Humane Society
 Esperanza Shelter
 Food Depot
 Food for Santa Fe
 Friends of the Library
 Genoveva Chavez Com. Center
 Ghost Ranch of Santa Fe
 Hacienda de Salud
 Helping One Student to Succeed
 Hospice Thrift Store
 IMPACT Personal Safety
 Junior Achievement of New Mexico
 Kids Under Konstruction Childcare

Kitchen Angels
 Library for the Blind
 Literacy Volunteers of Santa Fe
 Long-Term Care Ombudsman Program
 Luisa Senior Center
 Mary Esther Gonzales Senior Center
 Mothers Against Drunk Driving (MADD)
 Meals on Wheels
 Museums of New Mexico
 National Active and Retired Federal Employees
 New Mexico Department of Health
 New Mexico Girl's Ranch
 Odyssey Hospice
 Pasatiempo Senior Center
 PMS Hospice
 Randall Davey Audubon Center
 RENESAN Lifelong Learning Institute
 Rio Arriba Senior Olympics
 Rio Arriba Senior Programs
 Rio en Medio Senior Center
 Rosemont Assisted Living
 Santa Cruz Senior Center
 Santa Fe Animal Shelter & Humane Society
 Santa Fe Art Institute
 Santa Fe Boys & Girls Club
 Santa Fe Care Center
 Santa Fe Habitat for Humanity
 Santa Fe Opera
 Santa Fe Public Libraries
 Santa Fe Public Schools
 Santa Fe Rape Crisis & Trauma Center
 Santa Fe Senior Olympics
 School for Advanced Research
 Senior Sing-Along
 Sierra Vista Community
 St. Elizabeth Shelter
 St. John's Soup Kitchen
 St. Vincent de Paul Society
 St. Vincent Regional Medical Center
 Ventana de Vida Senior Center
 Villa Consuelo Senior Center
 Villa Therese Catholic Clinic
 Vista Grande Public Library
 Youth Shelters and Family Services

Please join us! Call Coordinator Kristin Slater-Huff at 955-4760 for more information, or email kwslater-huff@santafenm.gov.

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS



Maria Duran has been a Foster Grandparent for over eight years. She has volunteered that entire time at the Chimayó Head Start. Prior to enrolling in the Foster Grandparent Program, Maria had been volunteering at the Head Start for eighteen years. She began volunteering when her children attended, then continued her volunteer service as her grandchildren and great-grandchildren became enrolled in the Head Start, and has been there ever since. She has been an integral part of our Foster Grandparent Program, serving the children of rural Chimayó.

In 2004, Maria received a President's Call to Service Award, in recognition and appreciation of her commitment to strengthening our Nation and for making a difference through volunteer service. She also makes time to travel to Santa Fe to attend trainings and workshops to enhance her knowledge whenever possible. On recent evaluations, Connie Vigil, Director of Chimayó Head Start, comments that Maria is a valuable asset to their organization and the children love their grandma Maria.

Maria was born in Cuhilla, New Mexico, which is right outside of Chimayó. She loves Chimayó and has lived there all of her life. After graduating from Santa Cruz High School in 1955, Maria married and had six children – four girls and two boys. She now has nine grandchildren and six great-grandchildren. She mentions that she enjoys having a large family and they have kept her going.

Besides staying home to take care of her husband, children and grandchildren, Maria found time to do some traveling. She has visited Hawaii, she spent time in Florida with her son who was in the Navy and also spent time with her other son in Texas who graduated from the Army.

Thank you Maria for your time and dedication to the Foster Grandparent and to the children of the Chimayó community.

Foster Grandparent News

The end of the school year is approaching fast. This year, the last day of school for the Santa Fe Public Schools is May 30th. Opportunities to volunteer during the summer will be forthcoming as Melanie receives information as to what programs will be offered. You will be notified at a later date of volunteer opportunities for the summer months.

Training Opportunity

The New Mexico Commission for Community Volunteerism's 10th Annual Governor's Spotlight on Volunteers Conference will be held on Friday, April 25th, 2008 at the Hotel Albuquerque in Albuquerque, New Mexico. This is a day filled with workshops and speakers. All FGP & SCP volunteers are invited to attend this one day conference. Transportation, registration fee and lunch will be provided. Please let Melanie know by April 5th, if you would like to attend the conference.



The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of April.

Dorothy Lear	4/2
Bonnie Rice	4/3
Eloisa Alvarez	4/5
Prescilla Martinez	4/6
Josephine Dominguez	4/15
Maria Duran	4/16
Mela Delgado	4/29

ACTIVITIES *schedule by center*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	1:00 pm 1:00 pm 1:00 pm 1:00 pm	Exercise (Class) Wood/Straw Tai Chi Karate Line Dancing (Beg) Ceramics Sewing Open Crafts	PASATIEMPO Mon./Wed./Fri. Wednesday Thursday Tuesday Tuesday Thursday Friday Friday	10:00 am 9:30 am 9:00 am 9:30 am 12:00 pm 1:00 pm 1:00 pm 1:00 pm
Board Games Ceramics (Beg.) Ceramics (Adv.) Exercise Bingo Art Technique Crochet/Embroidery	EDGEWOOD Mon. thru Fri. Monday Tuesday Tuesday Tuesday Thursday Friday	10:00 am 1:00 pm 1:00 pm 10:30am 12:30 pm 1:00 pm 12:30 pm	Art Exercise Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday Wednesday	10:00 am 9:30 am 10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Shopping/Errands Ceramics	EL RANCHO Mon./Wed. Mon./Wed. Thursday Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm 1:00 pm	Weaving Ceramics Wood/Straw Shopping/Errands Exercise Tinsmithing	SANTA CRUZ Tuesday Monday Tuesday Thursday Tuesday Wednesday	9am/12:30pm 12:30 pm 12:30 pm 12:00 pm 10:00 am 1:00 pm
Coffee Pool/Cards Open Crafts Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Thursday Monday Tuesday Wednesday Friday Last Thurs. of Month	8:00 am 8:00 am 9:00 am 12:30 pm 11:45 am 9:00 am 1:00 pm 1:00 pm	Coffee Bingo Toastmasters Art Technique Exercise	VENTANA DE VIDA Mon. thru Fri. Monday Monday Tuesday Mon./Wed./Fri.	11:00 am 1:15 pm 6:30 pm 1:00 pm 8:30 am
Guitar (Beg.) Exercise (Open) Fitness Training Pool/Cards Hospice Crafts Tai Chi Chuan Bingo Quilting Jewelry Making Ceramics Wood/Straw Spanish Sing-A-Long Knitting Movie Day	M.E.G. Mondays Mon. thru Fri. Mon./Wed./Fri. Mon. thru Fri. Monday Mon./Tues. Mon./Wed. Monday Tuesday Wed./Fri. Thursday Wed./Fri. Friday 3 rd Fri. of Month	9:00 am 8:00 am 9:00 am 8:00 am 1:00 pm 8:30 am 1:00 pm 10:00 am 9:00 am 9:30 am 9:30 am 11:30 am 2:30 pm 1:00 pm	Coffee Ceramics Open Crafts Bingo Wood/Straw Sewing Yoga Yoga Tai Chi Clay Tapestry Weaving Bridge	VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Wednesday ELDORADO Monday \$3.00 Friday, Free Wednesday, Free Monday Thursday Thursday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 9:00 am 10:30 am 1:30 pm 10:45 am 1:00 pm 1:00 pm 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4721.

ACTIVITIES *schedule by class*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:00 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00am	Mon. thru Sat.

CERAMICS/CLAY

Chimayo	1:00 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood (Advanced)	1:00 pm	Tuesday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	1:00 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.
El Rancho	1:00 pm	Thursday
Pasatiempo	1:00 pm	Thursday
Eldorado	1:00 pm	Monday

COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday
Edgewood	12:30 pm	Friday

EXERCISE

M.E.G. (Open)	8:00am-4:30pm	Mon. thru Fri.
Pasatiempo	10:00 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30 am	Mon./Wed./Fri.
Santa Cruz	10:00 am	Tuesday
Rio en Medio	9:30 am	Wednesday
Edgewood	10:30 am	Tuesday
M.E.G. (Fitness Training)	9:00 am	Mon./Wed./Fri.

GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

JEWELRY MAKING

M.E.G.	9:00 am	Tuesday
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LINE DANCING

Pasatiempo	12:00 pm	Tuesday
(Beg.)		

MARTIAL ARTS

Karate - Pasatiempo	9:30 am	Tuesday
Tai Chi - Pasatiempo	9:00 am	Thursday
Tai Chi - Eldorado	10:45 am	Wednesday
Tai Chi - M.E.G.	8:30 am	Mon./Tues.

MOVIE DAY

Luisa	1:00 pm	Last Thursday
M.E.G.	1:00 pm	Third Friday

OPEN ARTS & CRAFTS

Chimayo	1:00 pm	Tuesday
El Rancho	12:00 pm	Thursday
Villa Consuelo	9:00 am	Mon./Wed./Fri
Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Friday

POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.
Eldorado	1:00 pm	Thursday

QUILTING/SEWING

M.E.G.	10:00 am	Monday
Pasatiempo (sewing)	1:00 pm	Friday
Villa Consuelo	9:00 am	Wednesday

SING-A-LONG

Luisa (Spanish)	11:45 am	Tuesday
Luisa	12:30 pm	Monday
(Sounds of the past)		
M.E.G. (Spanish)	11:30 am	Wed./Fri.

TINSMITHING

Santa Cruz	1:00 pm	Wednesday
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WEAVING

El Rancho	9:00 am	Mon./Wed.
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	1:00 pm	Monday
Eldorado	1:00 pm	Thursday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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YOGA

Eldorado	10:30 am	Monday \$3.00
Eldorado	1:30 pm	Friday

ACTIVITIES



April Birthday Celebrations

Join us during the lunch hour in celebrating birthdays at the following senior centers.

Ventana de Vida: Friday, April 11th at 11:00 a.m.

Mary Esther Gonzales: Friday, April 18th at 12:30

Luisa: Friday, April 18th at 11:00 a.m.

Edgewood: Thursday, April 24th at 12:30 p.m.

Villa Consuelo's Monthly Potluck

Come enjoy a delicious meal and good company at Villa Consuelo, 1200 Camino Consuelo, on Wednesday, April 16th from 11:30 a.m. to 12:30 p.m. The main course will be Santa Fe Chicken & Rice.

Seniors, please bring a dish or a \$1.50 donation.

AARP Defensive Driving Classes

Place: Edgewood Senior Center

Dates: Tuesday, April 8th 2008

Time: 8:30 a.m. – 4:30 p.m.

(There will be a break for lunch)

Instructor: Mike Kelly

New Mexico insurance companies give discounts to individuals age 55 or over who take the course. You must complete the course to obtain a certificate. A fee of \$10.00 will cover materials. Class will meet at the Edgewood Senior at Edgewood. To register, please call the Edgewood Senior Center at (505) 281-2515 and ask for Marta or Flavia.

Edgewood AARP Tax Aide

Edgewood Senior Center

March April 11th.

Free service for seniors.

Look to the full page ad in this issue of the Senior Scene for the locations and times of other income tax filing assistance.

Music at Pasatiempo Center

Fridays from 11:30 to 12:30, come hear Frankie and Jimmy make some terrific music!

Free Benefits Counseling Assistance

The Aging and Long-Term Services Department offers free, unbiased information on managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low-cost health and dental care, legal problems, and much more.

Starting April 2nd, every Wednesday, from 8:00 a.m. to noon, free benefits counseling assistance will be available to seniors. Counseling will be held at the MEG Senior Center, 1121 Alto Street. To schedule a ½ hour appointment, call 955-4721.

Diabetic Shoes with Custom Inserts

Qualifying seniors on Medicare who have diabetes can now be fitted at no cost for diabetic shoes. These are comfortable, lightweight leather shoes in a wide variety of men's and women's styles – all of which are Medicare approved. Diabetic shoes can offer relief from neuropathy, foot ulcers, foot deformities and poor circulation, while protecting your feet from injury. Receive free diabetic socks with every shoe order. Come see if you qualify (Medicare recipients only no HMOs) for this free footwear.

Place: Mary Esther Gonzales Senior Center

Thursday and Friday, April 10th and 11th

From 10:00 a.m. to 3:00 p.m.

No appointments needed – just show up

Old Fashioned Ice Cream Social

Are you up for an old fashioned ice cream social? We invite all the FGP's and SCP's and any other seniors to come and socialize and enjoy a cool treat with us.

Friday, April 18th at 1:00.
MEG Senior Center,
1121 Alto St.



ACTIVITIES

"From Grief to Laughter" Class

New Vistas will sponsor a free 6-weeks class for seniors with disabilities or chronic illness, and their families or caregivers. This series covers a variety of topics including positive coping strategies, feelings of loss related to disability or illness, attitude awareness, and how to deal with difficult emotions.

Classes begin on April 15th and will meet on Tuesday afternoons from 1:00 – 3:00 p.m. at the Mary Esther Gonzales Center. Anyone interested in registering should call Lugi Gonzales at 955-4711.

Pancake Breakfast at Pasatiempo

Saturday, April 5th from 9:00 a.m. to 11:00 a.m.
Pasatiempo Senior Center 664 Alta Vista St.

Come enjoy a plate full of scrumptious, hot breakfast, complete with pancakes, sausage, bacon, coffee, juice and all the fixings!

The cost is just \$4.00 per person and proceeds benefit the Pasatiempo Senior Center. You can't get a deal this good anywhere else in Santa Fe.

Senior Activity Corp. Travel Committee Trip to Laughlin, Nevada

Dates: May 13th – 16th, 2008

Prices per person, which include round-trip bus fare and (3) three nights at the Edgewater Hotel/ Casino, are:

Single Room	\$145
Double Room	\$115 (per person)
Triple Room	\$105 (per person)

May 13th: Depart MEG Center at 7:00 a.m., arrive Laughlin at 5:30 p.m., Nevada time

May 16th: Depart Laughlin 7:30 a.m. Nevada time, arrive MEG Center at approx. 8:30 p.m.

Reservations will not be taken until April 12th.

To reserve your space or for information, call trip coordinators as follows:

Joe Martinez 471-6228 or 955-4721

Mercy Moreno 986-1416

Note: Payment is due upon registration.

Furthermore, there is a 10% cancellation fee.

Evercare Medical Special Needs Plan

Those seniors with Medicare Parts A and B, as well as disabled residents or residents with long-term or chronic illnesses are invited to the following Evercare informational meetings.

Evercare Benefits include:

- Transportation
- Preventive Dental
- Hearing Aid Benefit/Hearing Exam
- Routine Foot Care
- Eye Exam – Eye Glasses Benefit
- Prescription Drug Coverage
- Personal Care Products

Meetings are at the following senior centers:

El Rancho: Wed. April 16th 11:00 a.m.

MEG: Fri., April 18th 11:00 a.m.

Rio En Medio: Wed. April 30th 11:00 a.m.

Santa Cruz: Tues. May 6th 11:00 a.m.

Luisa: Wed. May 14th 11:00 a.m.

Evercare Medicare Advantage Plans are offered by United Healthcare Insurance Company or other organizations with a contract. For more information, contact Evercare at (888) 685-8480 or Joseph Tafoya directly at (505) 449-4117.



Spring Dance

Toss off those winter blues!

On Thursday, April 3rd

come to the Spring Dance at the

Fraternal Order of Eagles

833 Early St. 1:00 p.m. to 4:00 p.m.

Music by Camino Oscuro

Refreshments will be served

Admission is \$2.00 for seniors age 60+

Please Bring your Senior Membership Card

Sponsored by El Rancho Senior Center

ACTIVITIES

Mobile Health Fair Van

Free services for any age: health assessments, health education, finding affordable healthcare in your community, Medicaid registration, and answers concerning eligibility for many payment options. This service is sponsored by Santa Fe County, St. Vincent Regional Medical Center & Presbyterian Medical Services. For more information, call Angela Thorndyke, RN, Mobile Health Van Nurse at 231-2382.



April 2nd: Edgewood Senior Center 10a.m. – 2p.m.
 April 3rd: Vista Grande Library 10a.m. - 3p.m.
 April 4th: Legal Tender, Lamy 10a.m. - 3p.m.
 April 7th: El Rancho Center 10a.m. - 2 p.m.
 April 8th: Chimayo Senior Center 10a.m. - 2p.m.
 April 9th: Rio en Medio Center 10a.m. – 2p.m.
 April 10th: Santa Cruz Center 10a.m. - 2 p.m.

Due to a staffing shortage, there will be no Health Van stops in the last part of April. Please see the May issue of this newsletter for more information.

Senior Expo and Volunteer Appreciation Day

This event is open to all seniors 55 and over. Even if you are not enrolled in the Retired Senior Volunteer Program, please join us and learn more about it - maybe you will decide to enroll.

Join us for an exciting afternoon. Phil Trujillo will play music and sing for us, so bring your dance shoes! There will be plenty of delicious finger food and door prizes. Visit information booths from many of our volunteer sites - learn about their missions and perhaps join them.

Senior Services Membership cards will be issued for \$2. Invite your friends along to learn more about RSVP.

So, on Wednesday, April 30th, please come to the Genoveva Chavez Community Center's Community Room between 1:00 p.m. and 4:00 p.m. Call Transportation a day ahead for a ride.

For more information, call Kristin in the RSVP office at 955-4760.



Free Basic Computer and Internet Lessons

Don't be intimidated by today's technology!

Seniors are invited to sign up for free, six – to – eight week computer class sessions.

The classes meet once a week for an hour and are taught by senior volunteers.

There are two classes a day – either starting at 9:00 a.m. or at 10:30 a.m. and they meet Mondays through Fridays. All classes are held in the computer lab at the Mary Esther Gonzales Senior Center at 1121 Alto Street.

To register, or for more information, call Gorla at 955-4721.

Free Physical Fitness Training for Seniors!

Allen Figg, a gentleman who has spent the last 20 years in the health/fitness/recreation field, has volunteered to work for free with seniors in the exercise room at the MEG Senior Center.

Allen will be available each Monday, Wednesday and Friday between 9:00 and 10:00 a.m. starting on March 31st, and more often if there is a demand for it. No need for an appointment – just arrive in comfortable, loose clothing.

See page 7 for more information.



Cinco de Mayo Ice Cream Social

Come join the seniors at the Chimayo Center for Banana Splits!



Wednesday, May 5th

Right after lunch around 12:15pm

For more information, call 955-4725.

ACTIVITIES

50+/Senior Olympics April Events

Bowling	Tuesday, April 1 st at 1:00 p.m.
Mixed Doubles	Silva Lanes
Bowling Teams	Friday, April 4 th at 1:00 p.m. Silva Lanes
Shuffleboard	Thursday, April 10 th 8:00 a.m. to 11:30 a.m. & 1:00 p.m. to 6:00 p.m. Fort Marcy Complex
Shuffleboard	Thursday and Friday, April 10 th and April 11 th 8:00 a.m. to 6:00 p.m. Fort Marcy Complex
Darts	Tuesday, April 15 th 1:00 p.m. Tentatively at Pasatiempo
Eight Ball Pool	Friday, April 18 th at 10:00 a.m. MEG Center
Archery Event	Tuesday, April 22 nd 9:00 a.m. At Archery Range
Table Tennis	Thursday, April 24 th 9:00 a.m. Fort Marcy Complex
Horseshoes (singles)	Tuesday, April 29 th MEG 9:00 a.m. Women's 1:00 p.m. Men's
Horseshoes (doubles)	Wed., April 30 th 9:00 a.m. MEG Center

Even if you are not participating in an event, we would love to have you come cheer folks on!



Free Performance for Seniors

The National Dance Institute (NDI) invites you and your friends to be their guests at one of the final dress rehearsals of their show "100 Years in American Music and Dance".

Wednesday April 23rd or Wednesday April 30th
From 3:15 p.m. to 4:15 p.m.

At the Dance Barns across from the MEG Center at 1140 Alto St.

To reserve a seat or information, call Cristina Villa at 955-4725.

Movie Days

Luisa Senior Center
Thursday, April 24th
at 1:00 p.m.



"Snow Buddies"

Dylan Sprouse, Jim Belushi and Kris Kristofferson lend their voices to this family-friendly tale about a feisty pack of golden retriever puppies that embarks on an Alaskan adventure. When they find themselves stranded in the northern wilderness, the canine offspring of famed sports star Air Bud team up with an experienced sled dog and a husky pup, who teach them the importance of working together. (PG)

Mary Esther Gonzales
Senior Center
Friday, April 18th
at 1:00 p.m.



"Maid in Manhattan"

In this modern-day Cinderella story, its love at first sight when a Marissa Ventura (Jennifer Lopez) and Christopher Marshall (Ralph Fiennes) literally run into each other at a posh New York City hotel. The only problem? The fast-rising politician has mistaken Marissa for a hotel guest, when she's actually one of the chambermaids! Can love conquer class warfare? One can only hope. (PG)

Older Americans' Month Dance

We honor our elders with this annual, free dance On Thursday, May 8th at the Fraternal Order of Eagles 833 Early St. 1:00 p.m. to 4:00 p.m. Live Dance Music! Refreshments will be served Admission is free for seniors age 60+ Please Bring your Senior Membership Card

50+ SENIOR OLYMPICS

Neither Rain, Nor Sleet, Nor Snow

The first week of March marked the official beginning of our local 50+/Senior Olympics events in Santa Fe, with the Air Gun event taking place on March 4th and 5th and Basketball Freethrow on March 6th. If you recall, on March 6th we were hit with a snow blizzard. We went to bed on Wednesday evening and the climate was cold, but I was shocked to wake up to one of the worst snow storms of the year. Schools were closed and city, county and government offices all had a two-hour delay.



This did not dampen the spirits of our Olympians who had signed up for our Basketball Freethrow, however. About 40 ardent and not so ardent freethrow shooters showed up at Fort Marcy Fitness Center, ready to try their skills at making a *swoosh* basket. They were a sight to behold, all waiting patiently on the bleachers until their names were called. It seemed like all had a good time and they walked away happy with their bright red 30th Anniversary 50+/Senior Olympics polo shirts, anxious to go to the Mary Esther Gonzales Senior Center to pick up their free, year-long membership card to Genoveva Chavez Community Center, Fort Marcy Complex and Salvador Perez Fitness Center. I will have the official results for some of our events in next month's newsletter.

The following events will take place during the month of April 2008:

Bowling (MxDbls)	April 1
Bowling Teams	April 4
Shuffleboard	April 10 and 11
Darts	April 15
Eight Ball Pool	April 18
Archery	April 22
Table Tennis	April 24
Horseshoes	April 29 and 30

Our events in May 2008 are:

Tennis	May 8, 9 and 10
Cycling	May 15 and 16
Golf	May 21
Field Event	May 22
Racewalk	May 22
Track	May 23
Recreational	May 23
Dance/Talent	May 30



Although the registration deadline was March 14, we will consider late registrations on a case by case basis. However, registrations for individual events will be cut off two weeks prior to the event. This is necessary to give the event managers enough time to organize their events and to send reminder notices to the registered participants.

For more information regarding these events call me at 955-4754.



I hope to see you soon, either at the office registering for the 50+/Senior Olympics program, or at one of our events, enjoying the camaraderie of our other Olympians, engaging in healthy and fun activities and, hopefully, taking in the beautiful scenery and environment of our wonderful Santa Fe.

Hasta luego,
Carmen

Rx-America Group, Inc.

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or who have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx-America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name _____ Address _____

City, State Zip _____

Telephone Number _____ Best Time to Call _____

Prescription _____ Dosage (ml. or mg.) _____

Prescription _____ Dosage (ml. or mg.) _____

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

HEALTH & SAFETY

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results. Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), and Frances Vigil, RN, (county centers) on the following dates:

M.E.G. Center - First and Second Tues.	April 1, 8	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs.	April 3	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs.	April 10	10:00 a.m. to 11:00 a.m.
Ventana de Vida Center - Third Thurs.	April 17	11:00 a.m. to 12:00 noon
Pasatiempo - Third Tues.	April 15	11:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed.	April 16	11:00 a.m. to 1:00 p.m.

HEALTH & SAFETY

Care Giver Assistance News

(From Caregiver Series)

Why Do People Fall?

Some of the reasons people fall are tripping or slipping due to loss of footing or traction, slow reflexes, which make it hard to balance or move out of the way of a hazard, balance problems, reduced muscle strength, poor vision, and illness. The more medications a person is taking, the higher the chances of falling. Certain medicines increase the risk, including blood pressure pills, heart medicines, diuretics (water pills), muscle relaxants, sleeping pills.

Drinking alcohol also increases risk because it can slow reflexes, cause dizziness or sleepiness, alter balance, and cause a person to take risks that can lead to falls.

Here are some ideas for reducing the risk of falls: Outdoors, use a cane or walker, wear rubber-soled shoes that don't slip, walk on grass when sidewalks are slick and put salt or kitty litter on icy sidewalks. Indoors, keep rooms free of clutter, especially on floors and in hallways, use plastic or carpet runners, wear low-heeled shoes, do not walk in socks, stockings, or slippers, be sure rugs have skid-proof backs, be sure stairs are well lit and have rails on both sides, put grab bars on bathroom walls near tub, shower, and toilet, use a nonskid bath mat in the shower or tub, keep a flashlight next to the bed, add more lights in rooms, and buy a cordless phone so that no one has to rush to answer the phone and so they can call for help if they fall.

Preventing Broken Bones If a Fall Occurs

Falling forwards (on your hands) or backwards (on your buttocks) rather than the side can prevent a hip fracture. Falls are responsible for 90 percent of broken hips. Some people wear extra clothes to pad their hips or use special hip pads.

*For more information, contact Caregiver Series at CareTrust Publications LLC
PO Box 10283, Portland, OR 97296 800-565-1533
or www.comfortofhome.com*

Exercises to Improve Balance

(Source: National Institute of Health)

While holding the back of a sturdy chair, sink, or counter:

- Stand on one leg at a time for a minute and then slowly increase the time. Try to balance with your eyes closed or without holding on.
- Stand on your toes for a count of 10, and then rock back on your heels for a count of 10.
- Make a big circle to the left with your hips, and then to the right. Do not move your shoulders or feet. Repeat five times.



Get the Facts about Your Medication

(From the U.S. Dept of Health and Human Services)

Take Your Medications Safely. Medicine is prescribed to help you. But it can hurt you if you take too much or mix medicines that don't go together.

- Know what the medicine is for and how to take it.
- Ask about side effects and what to avoid.
- Read the label and warnings when you get your medicine.
- Ask the pharmacist about your medicine if it looks different than you expected.

Follow Your Treatment Plan

To stay healthy and safe, follow your treatment plan and take the medicine as prescribed.

- Ask your health care provider if you need a refill.
- Tell your health care provider if you're having side effects.
- Don't share your medicine with anyone.
- Ask if you need tests to find out if the medicine is working.

PUZZLES

26

by Adam G. Perl

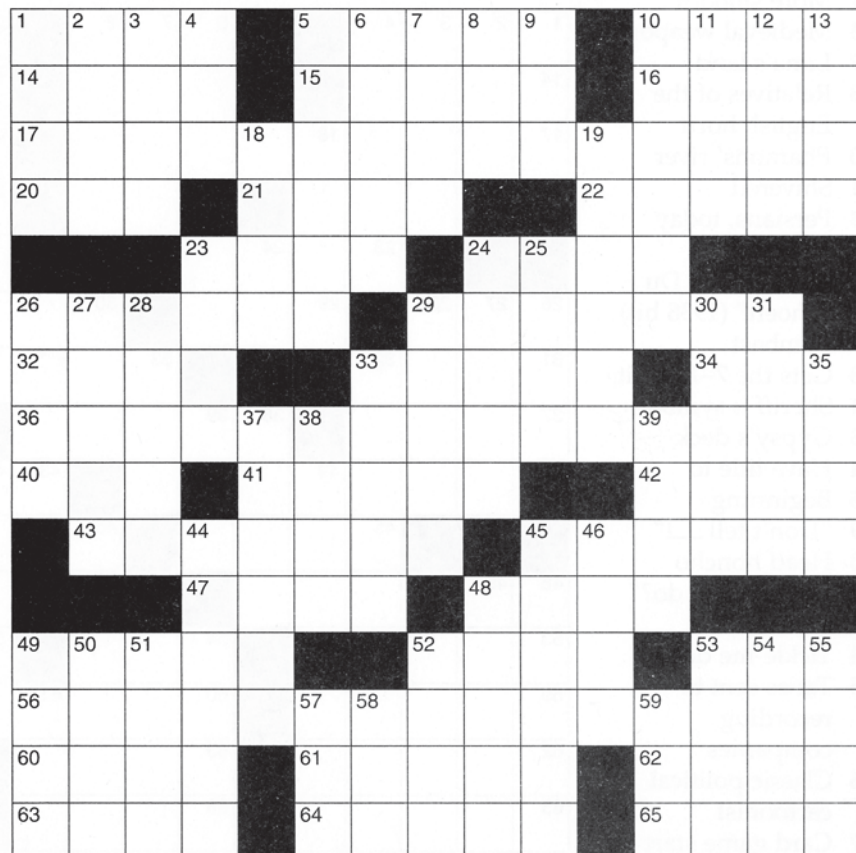
ACROSS

- 1 Eve's man
- 5 Devise, as a plot
- 10 Went down a firehouse pole, e.g.
- 14 Coke, for one
- 15 Met offering
- 16 Stereo knob
- 17 HO
- 20 — of Good Feeling
- 21 Hoo-has
- 22 — out (declined)
- 23 Leo, astrologically
- 24 Thwart
- 26 Storefront cover
- 29 Huge headlines
- 32 Word in French restaurant names
- 33 "Olympia" painter
- 34 Airport posting: Abbr.
- 36 HO
- 40 Summer on the Riviera
- 41 Jawbreakers, e.g.
- 42 Swarm
- 43 Claims without proof
- 45 Adjusts, as a suit
- 47 Half of an old radio duo
- 48 Nabisco cookie
- 49 W.W. II conference site
- 52 Contrived
- 53 Old hand
- 56 HO
- 60 Toledo's lake
- 61 Place to wash up
- 62 Mentally fit
- 63 Burn the surface of
- 64 Take it easy
- 65 Finales

DOWN

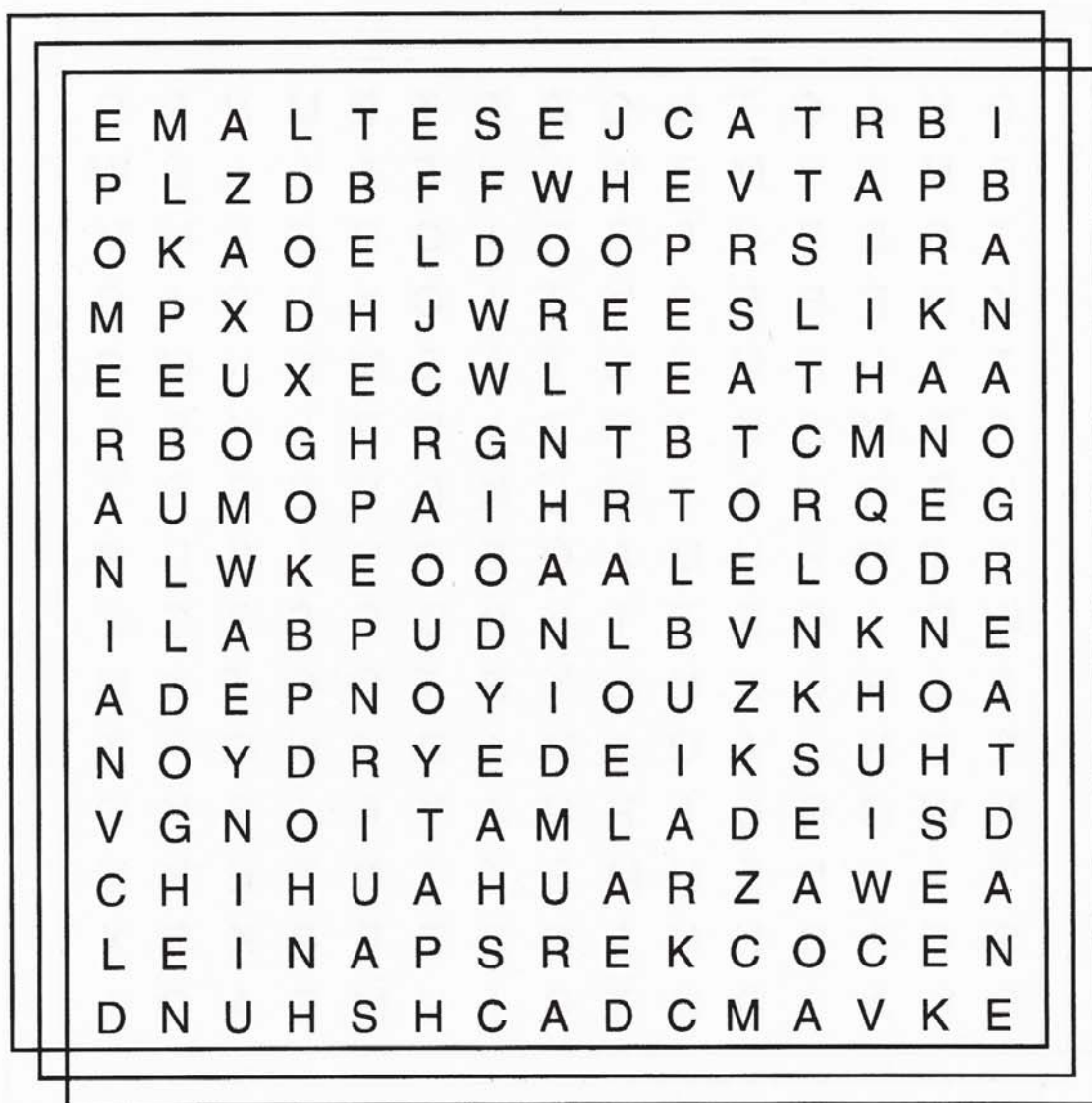
- 1 Pinnacle
- 2 Entryway
- 3 Actor Alan
- 4 Li'l Abner's Daisy —
- 5 "Hooray!"

- 6 It has strings attached
- 7 Tetley offerings
- 8 Dernier —
- 9 Chinese dynasty
- 10 Alternative to a paper clip
- 11 Boor
- 12 "Picnic" playwright
- 13 Monopoly card
- 18 Reposed
- 19 Choose, as a career
- 23 Minnelli of stage and screen
- 24 It may be tickled
- 25 Lollapalooza
- 26 Marathoner's woe
- 27 "— Fool Believes" (1979 hit)
- 28 Banister post
- 29 The Beatles, Stones, etc.
- 30 Zellweger of "Jerry Maguire"
- 31 Beef on the hoof
- 33 Flowing tresses
- 35 Second Amendment subject
- 37 Delivery person of old
- 38 Shakespearean villain
- 39 Sgt. Snorkel's dog
- 44 Former's opposite
- 45 Passionate
- 46 Look that may offend
- 48 Place for a date?
- 49 Part of Y.S.L.
- 50 Suffix with concession
- 51 Princess who battles the Death Star
- 52 Hopi Indian locale
- 53 Blueprint
- 54 Rip apart
- 55 Raw metals
- 57 Disney division
- 58 — Zedong
- 59 Take habitually



PUZZLES

HERE, FIDO!



W-0149

AIREDALE
AKITA
BASSET HOUND
BEAGLE
BOXER
BRITTANY

BULLDOG
CHIHUAHUA
CHOW CHOW
COCKER SPANIEL
COLLIE
DACHSHUND

DALMATION
DOBERMAN
GREAT DANE
HUSKIE
KEESHONDEN
LABRADOR

MALTESE
POINTER
POMERANIAN
POODLE
PUG

PUZZLE ANSWERS

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V	G	N	O	I	T	A	M	L	A	D	E	I	S	D
C	H	I	H	U	A	H	U	A	R	Z	A	W	E	A
L	E	I	N	A	P	S	R	E	K	G	O	C	E	N
D	N	U	H	S	H	C	A	D	C	M	A	V	K	E

SENIOR CENTER LUNCH MENU

APRIL 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	NM GREEN CHILE CHICKEN ENCHILADAS W/ GARNISH SPANISH RICE PINTO BEANS SOUR CREAM TROPICAL FRUIT WHOLE WHEAT TORTILLA	TAMALE W/ RED CHILE SEASONED CALABACITAS REFRIED BEANS FRUIT YOGURT WHOLE WHEAT TORTILLA	STUFFED BAKED PORK CHOP W/ BROWN GRAVY & VEGGIE STUFFING BUTTERED PARSLEY POTATOES SEASONED CARROTS BAKED APPLES	ROAST BEEF W/ BROWN GRAVY SCALLOPED POTATOES TOSSED SALAD WHOLE WHEAT ROLL PECAN PIE W/ WHIP TOPPING
7	8	9	10	11
BAKED HAM W/ PINEAPPLE BROCCOLI & CHEESE SCALLOPED POTATOES FRESH FRUIT WHOLE WHEAT ROLL	POSOLE W/ PORK SEASONED GREEN BEANS TOSSED SALAD 3-WAY VEGGIES WHOLE WHEAT ROLL SWEET RICE	CHICKEN FAJITAS W/ GARNISH & SALSA PINTO BEANS MIXED VEGGIES JELLO-W/ MANDARIN ORANGES	SALISBURY STEAK W/ GRILLED PEPPERS & ONIONS BROWN GRAVY PARSLEY POTATOES BUTTERED SPINACH WHOLE WHEAT ROLL PIE W/ WHIP TOPPING	SEASONED PEPPER STEAK W/ WHITE RICE & BROWN GRAVY STEAMED CARROTS & BROCCOLI FRESH FRUIT WHOLE WHEAT ROLL
14	15	16	17	18
TRADITIONAL SPAGHETTI W/ MEATBALLS ITALIAN VEGGIES GARLIC BREAD ICE CREAM	GRILLED HAMBURGER STEAK W/ SAUTÉED PEPPERS & ONIONS MASHED POTATOES W/ BROWN GRAVY GREEN BEANS WHOLE WHEAT ROLL TROPICAL FRUIT	SANTA FE CHICKEN & RICE BROCCOLI & CHEESE BUTTERED CARROTS PINEAPPLE UPSIDE- DOWN CAKE	PICNIC STYLE BBQ BEEF SANDWICH SEASONED SPINACH WITH BACON MACARONI & CHEESE FRESH FRUIT	BAKED BATTERED COD FILLET WITH TARTAR SAUCE WILD RICE BUTTERED BROCCOLI AND CAULIFLOWER MIXED FRUIT WHOLE WHEAT ROLL
21	22	23	24	25
HOMESTYLE TURKEY W/ BROWN GRAVY & VEGGIE STUFFING SEASONED MIXED VEGGIES CHERRY CRISP WHOLE WHEAT ROLL	JUICY GREEN CHILE CHEESE BURGER W/ FIXINGS POTATO SALAD BAKED ONION RINGS FRESH ORANGE	BAKED CHICKEN CORDON ON BLEU SEASONED 3-WAY VEGGIES BUTTERED EGG NOODLES FRESH APPLE FRUIT JUICE	RED CHILE FRITO PIE W/ GRANISH SODA CRACKERS SEASONED PINTO BEANS MIXED VEGGIES ANGEL FOOD CAKE W/ FRUIT TOPPING	BEEF TIPS OVER WHITE RICE W/ BROWN GRAVY BROCCOLI MEDLEY TOSSED SALAD FRESH PEAR WHOLE WHEAT ROLL
28	29	30		
CLASSIC PORK ROAST W/ BROWN GRAVY & MASHED POTATOES BUTTERED CALF- VEGGIES FRESH FRUIT WHOLE WHEAT ROLL	TWO BEEF TACOS W/ GARNISH & SALSA SPANISH RICE SALSA CORN JELL-O W/ FRUIT	COOKS' CHOICE		

Please Note: Senior Meal Suggested Donations: Breakfast \$1.00, Lunch \$1.50

Non-Senior (under 60) Meal Fees: Breakfast \$3.00, Lunch \$5.40



City of Santa Fe
Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

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